

Westport Center for
Senior Activities

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NEWS AND UPDATES FROM THE WESTPORT CENTER FOR SENIOR ACTIVITIES



Dear Friends and Participants:

With the first day of spring coming upon us this weekend, I am so happy to say goodbye to the cold, often dark and dreary days of winter. The warmer weather will bring plenty of sunshine and brightness, both of which are most welcomed. After all, don't we deserve it?

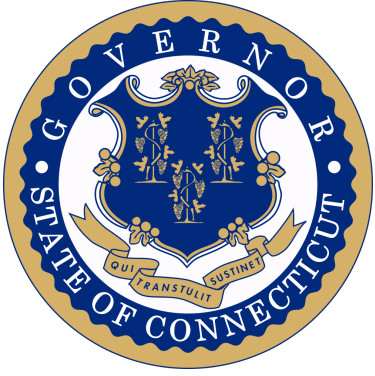
As the State of CT continues to open up and more folks become eligible for the vaccine, I'm cautiously optimistic that we will be able to do a slow, re-opening of some programs in the WCSA this summer. As plans continue to develop, I will keep you apprised. Although our daily operations will most likely be different in an effort to adhere to the CDC recommendations when we first re-open, it is important to stay the course until the pandemic is behind us. I will continue to respect science and follow the rules and guidelines from the experts in an effort to keep everyone who enters the WCSA safe, comfortable and welcomed.

I see the light at the end of the tunnel. I ask for your continued patience and cooperation because just like you, I want nothing more than to be back together.

Stay safe and know that I miss you.

With warm regards,

Sue



Please click [here](#) to read the most recent press release from Governor Ned Lamont regarding the State of Connecticut's Coronavirus Response Efforts.

REGISTRATION FOR THE NEW SPRING 2021 SEMESTER BEGINS ON MONDAY, MARCH 8 FOR WESTPORT RESIDENTS AND ON MONDAY, MARCH 15 FOR OUT OF TOWN RESIDENTS!

Registration is available online via myactivecenter.com; by mail or drop box with your completed registration form and a check made out to WCSA; or by calling the WCSA at 203-341-5099. You can find the new Spring (April-May-June) calendar and other current documents/sites at the links below.

For step-by-step instructions on how to register on **MyActiveCenter**, please click [here](#).

Check out the brand new [April-May-June 2021 calendar](#), [February-March 2021 calendar](#), the [Spring Class List](#), our [YouTube Channel](#), the [2021 Fitness Waiver](#), and other helpful documents and information here and on the WCSA [website](#).



Exercise with Patty Kondub on TV Channel 79 Now on Fridays and Sundays in March!

Join Patty on Westport Public Access TV Channel 79 (Optimum) and Channel 6020 (Frontier) for a workout to music with chair and standing exercises, balance, brain building, memory games and posture exercises. Weights or cans and a pillow may be required. **Every Friday from 10:00 to 11:00 AM and Sunday at 1:00 PM in the month of March. Cost: Free**

Note: Westport Public TV Access Channel 79 broadcasts to Westport households only. Out of



town seniors can watch Patty's program on the Westport town [website](#) on Fridays at 10:00 AM.

UPCOMING PROGRAMS



Friday's with Friends Returns!

Friends of the WCSA Present a Panel Discussion Webinar on March 26.

The Friends of the Westport Center for Senior Activities have teamed up with the Westport Weston Chamber of Commerce to present a Panel Discussion Webinar on Downtown Westport and where it's headed. **Friday, March 26 at 1:30 pm.** For more information on the topics for this webinar, the distinguished panel of experts, and the Zoom link, please click [here](#).

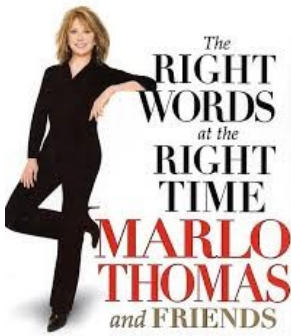


Women's History Month Documentaries

March 22: "Julia Morgan: Her Genius and Legacy"

Join historian Karen McNeil from UC Berkley as she takes you on a journey of Julia Morgan's life and work. Morgan, the architect of Hearst Castle, was a person of notable "firsts." A graduate from UC Berkeley's College of Civil Engineering, she was the first woman to be admitted to the École des Beaux-Arts in Paris and the first female licensed architect in California. She designed more than 700 buildings during the course of her 47-year career, many in Berkeley and San Francisco. (70 min.)

For the YouTube link to this documentary, please click [here](#).



The Right Words At The Right Time: A Multigenerational Discussion Group on Zoom

The Westport Center for Senior Activities is partnering with the Staples High School Honor Society Students for a discussion group. WCSA seniors and Honor Society students will meet on Zoom and discuss the book "*The Right Words at the Right Time*." **Monday, March 22. Time: 3:30 - 4:30 PM.** Pre-registration is required and is available online at myactivecenter.com. Limit: 10 participants. For additional information on this program, please click [here](#).



A History of Food in Recipes

Registered Dietitian Holly Betts will discuss the history of cooking and civilization through recipes from the past. This lecture will focus on Welsh Rarebit. The name of Welsh rarebit or Welsh rabbit dates from the eighteenth century and is native to Wales. Despite its name, this dish does not contain rabbit meat but is a combination of melted cheese, beer, mustard and Worcestershire sauce served on toast. The lecture will include a food demo and recipe. **Tuesday, March 23 from 3:00 - 4:00 PM.** Pre-register for this event online at myactivecenter.com.



Parkinson's Support Group

Facilitated by Maureen Matuszewski and Alison Smith, this group will share challenges, techniques, support and knowledge. Professional guest speakers are often invited to share their knowledge and insights. Family and caregivers are welcome. **Wednesday, March 24 from 10:00 to 11:00 AM.** Pre-registration is required and is available online at myactivecenter.com.

Letting Go Of Stress

Let Go of Stress and Tension, is a NEW class with Deirdre Ekholdt, LCSW. Stress and tension take a



toll on the body and mind, but you can learn to let go and relax. In this class you will be guided through proven stress techniques including mindfulness, breathing and guided imagery to experience a state of deep relaxation.

Wednesday, March 24. Time: 1:30 to 2:30 PM.
Pre-registration is required and is available online at myactivecenter.com.



The Health Benefits of a Low Sodium Diet

Join University of New Haven Dietetic Intern, Gabriela Canches, for this very informative program. Though it is vital to health, dietary sodium may need to be limited in your diet to control heart disease and kidney disease.

Tuesday, March 30, 2:30 to 3:15 PM. Zoom Meeting ID: 861 2447 5974 Passcode: Health



Let's Chat!

Let's Chat, a virtual program led by Deirdre Eckholdt, Licensed Clinical Social Worker (LCSW) for the town of Westport, will provide proactive information that can help seniors cope with social isolation and the accompanying sense of grief, anxiety, and stress during this time of COVID. **Wednesday, March 31, from 1:30 to 2:30 PM. Pre-registration is required and is available online at myactivecenter.com.**



MLB Baseball Opening Day Lunch & Watch Party on Thursday, April 1

Celebrate Opening Day for MLB and enjoy a traditional baseball meal to-go with a hotdog on a bun (freshly grilled in-house by Director, Sue Pfister), potato salad, peanuts, non-alcoholic beer or water, chocolate chip cookie, plus mustard, ketchup and relish. The WCSA thanks Athletic Brewing Co. for donating the non-alcoholic beer for this event! **Meals can be picked up between 11:00 and 12:30 pm. Cost is \$8.00 per meal. Please call 203-341-5099 to**



reserve your meal no later than **Monday, March 29**. Then join the WCSA staff from 2:15 to 3:15 pm on Zoom for a watch party of "Barry Halper: The Ultimate Baseball Memorabilia Collection" (45 min). **Zoom Meeting ID: 889 7444 7789** Passcode: Watch



Join us for BINGO on April 1!

The WCSA offers virtual BINGO via Zoom on the first and third Thursday of the month from **1:15 to 2:00 PM**. The WCSA is offering a special to-go lunch for Westport residents for **\$8.00 per person**. A volunteer will deliver a lunch and 4 BINGO cards to your home by Noon on BINGO day. Please call **203-341-5099** to reserve your lunch at least 48 hours in advance. Menu: **Thursday, April 1:** Hotdog on a bun (freshly grilled in-house by Director, Sue Pfister), potato salad, peanuts, non-alcoholic beer or water, and a chocolate chip cookie.



Just for Women With Channe Fodeman

This women's group will be an open forum for discussion. This group will meet twice a month. Personal stories shared within the group will remain strictly confidential. Facilitator: Channe Fodeman, a clinical social worker with over 46 years of experience in the field. The next session for this group will be **Thursday, April 1 from 3:30 to 4:15 PM**. Pre-registration is required and is available online at myactivecenter.com. The Zoom link will be emailed to you prior to the presentation.

COMMUNITY RESOURCES



COVID-19 Connecticut Vaccine Update

Governor Lamont announced this week that eligibility for the COVID-19 vaccine will continue to be based primarily on age. Effective March 1st, individuals age 55 and over, along with

educators and childcare professionals, were eligible. Then on March 19, individuals 45-54 years old will be eligible. For more information on who is eligible for the vaccine, please click [here](#). For information on registering for the vaccine, please view the details on the Westport Weston Health District website [here](#).



ADVOCACY ALERT! Governor Lamont's 2022 Medicare Savings Program (MSP)

Tens of thousands of seniors and people with disabilities in Connecticut could lose their benefits. If this sounds all too familiar to you, it's because it was just two years ago that the Governor proposed an asset test for the Medicare Savings Program. If passed, the asset limits will be: \$15,720 for single individuals and \$23,600 for couples. If you or someone you know is at risk of losing their benefits, it's important to let your legislators know how the loss of MSP will affect you and your ability to live day to day. For information on how to contact your legislator, please click [here](#).



VirtualVITA Free Virtual Tax Return Preparation

President Biden has extended the deadline for filing Federal income taxes to May 17, 2021, however, the State of CT has not extended the deadline to file your CT income taxes at this time.

The Town of Westport has teamed up with VirtualVITA, the same local IRS certified volunteers that have been preparing our taxes for years, to help file your 2020 tax return [remotely](#).

If you have access to a computer or smartphone, you can scan or take a photo and upload your ID's and tax documents to a secure portal and a VITA volunteer will contact you to assist you virtually with your tax prep. Click [here](#) to access directions for the virtual site and

the documentation needed.

Due to COVID restrictions, VITA had very limited appointments for tax assistance this year and all appointments at the WCSA are full. **No additional tax appointments have been scheduled at this time. Please check the Town of Westport website [here](#) for updates on the VITA Tax Program.**



NEW! Westport's "Hello, Neighbor" Program is Expanding to Include Contactless Grocery Assistance for Seniors!

Westport seniors wishing for assistance with basic grocery runs now have a reliable and safe delivery option with a caring neighbor's help. No apps or membership fees, just simple acts of kindness to help when needed!

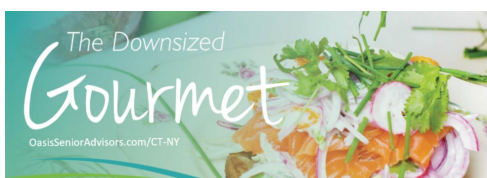
Volunteer shoppers undergo a background check before being matched with a screened senior resident requesting assistance. For more information on the Hello Neighbor Program, please click [here](#).

For information on the Contactless Grocery Deliveries, click [here](#).



Alzheimer's Association Caregiver Support Group

The Residence at Westport is hosting a support group for those caring for loved ones living with dementia or Alzheimer's Disease. It takes place the **last Wednesday of each month from 6:00 to 7:00 p.m.** To learn more about this support group, please click [here](#). You can join the group at any time, so please RSVP to scuzino@residencewestport.com to register and get the zoom link.



The Downsized Gourmet

Susan and Paul Doyle of Oasis Senior Advisors bring you a cooking demo via

Zoom to solve the problem of how to enjoy cooking on a smaller scale during – and after - the pandemic. Learn to prepare easy and tasty dishes from the comfort of your own home. **Monday, March 22nd at 12:00 PM.** For more information on this program, and for the Zoom link, please [here](#).



Of Violence and Valor: Four Lectures on The Iliad

Wilton Library presents a four-part virtual lecture series by Yale's **Mark Schenker** on Homer's epic poem ***The Iliad***. Patrons are encouraged to read, in any translation of their choosing, each portion of ***The Iliad*** in advance. **Part 4, and the last of this series, will be on Wednesday, March 31. Time: 5:00 - 6:00 PM. Cost: Free.** For more information on this program and how to register, please click [here](#).



WCSA and The Residence of Westport Present RaRa Art Exhibit Video

WCSA, in partnership with The Residence at Westport, would like to share The Real Art Real Artists™ (RaRa) presentation which features some of our local artists sharing their backgrounds, biographies, artistic inspirations, and highlights of their works. For the YouTube link to this presentation, please click [here](#). For more information on RaRa, please click [here](#) for their Facebook page.

COVID Vaccine Fraud Alert - COVID-19 Vaccine Email Survey is Not Legitimate!

Senior Medicare Patrol Fraud Alert - The arrival of the COVID-19 vaccine has



been announced and unfortunately, scammers will use this as an opportunity to obtain sensitive information. An email that may appear to be coming from Pfizer or Moderna, is being sent to people asking them to take a survey in exchange for a reward. This is not a legitimate email! Do not open emails or hit links unless you know and trust the sender. To learn more about this alert, please click [here](#).



AAA's **FREE** Driving Improvement Classes are Back!

Starting on Tuesdays in March through July, AAA will be offering its **FREE** 4-hour classes **VIRTUALLY** to drivers 60 years of age and older, who need to obtain a certificate for up to 5% off on a portion of their insurance premiums. Classes are open to AAA members and non-members. For more information on this program, please click [here](#). To register for this class, please click into their Defensive Driving registration page [here](#), click on the drop down menu for Your Home State, then click "**Connecticut Virtual**" for both the state and county, then click on the **red** "See Classes" box on the right which will show you the dates and times to schedule your free class. Choose a date and hit "next" to complete your registration.



The AARP Offers Virtual Events and Webinars on Wednesdays!

For more information on AARP's Virtual Events and Webinar Wednesdays and how to register for events, please click [here](#).